

Benefits Newsletter

April 2021



For any Benefits content questions, contact the SRNS Service Center at 5-7772 or via email at the SERVICE-CENTER@srs.gov.

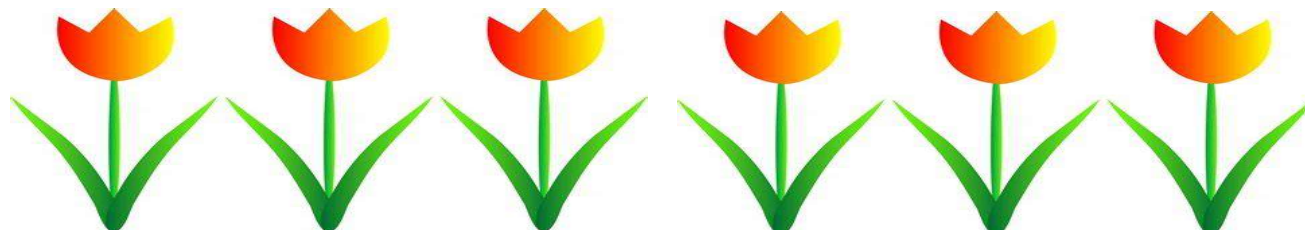
April 2021







Issue 0032



April

NOTES:



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13  <small>A Division of Webster Bank, N.A., Member FDIC</small>	14  <small>A Division of Webster Bank, N.A., Member FDIC</small>	15 Benefits and You	16	17
18	19  <small>A Division of Webster Bank, N.A., Member FDIC</small> 	20  <small>A Division of Webster Bank, N.A., Member FDIC</small>	21	22	23	24
25	26	27	28	29 	30	



Health and Welfare

- Oral Health Month -

April is Oral Health Month, a good time of year to take stock of your oral care routine and understand how proper oral health can have an impact on your overall well-being. This April, consider the preventive steps you can take to make sure your mouth and the rest of your body are healthy throughout the year.

Schedule Regular Dental Appointments

While brushing and flossing your teeth at home are important for removing plaque, you can't remove tartar on your own. You need to keep up with regular dental visits. Many people will need to see their dentists every six months for a routine cleaning and examination.

Below is the information regarding Preventive and Diagnostics for both Prime and Standard Dental plans:

Participating Provider

The Plan pays 100% of Allowable Charges

Non-Participating Provider

The Plan pays 100% of Allowable Charges.
Member must pay balance of Provider's charge.

Take Care of Your Smile

Good oral hygiene is important for many reasons. Sore or bleeding gums, missing teeth, infections, and oral pain can all affect your ability to eat and talk. While we often think of our mouth as a separate part of our body, research reveals a connection between our oral health and certain chronic diseases, such as stroke, heart disease, and diabetes.



Health and Welfare

HSA BANK WEBINARS

HSA Bank is offering upcoming webinars to SRNS employees regarding their Health Savings Account (HSA). The two webinar topics that will be offered are HSA 101 and HSA Investment Overview. These webinars are a great way to learn more about the HSA and the investing options through HSA Bank. The registration links for the webinars are listed below:

HSA 101

- Tuesday, April 13, 2 p.m. EST
- Event address for attendees:
<https://webster.webex.com/webster/onstage/g.php?MTID=eaedd0973aefc2ad3cffb41bb2f589466>
- Monday, April 19, 10 a.m. EST
- Event address for attendees
<https://webster.webex.com/webster/onstage/g.php?MTID=ed2b1eec2231f7c2ca0894f0a07f0d408>

HSA Investment Overview

- Wednesday, April 14, 10 a.m. EST
- Event address for attendees:
<https://webster.webex.com/webster/onstage/g.php?MTID=e7d245331cb3d44f8bb9efb91683b36e1>
- Tuesday, April 20, 1 p.m. EST
- Event address for attendees:
<https://webster.webex.com/webster/onstage/g.php?MTID=e2a68bc6cea2b49cc3977c35838e48f8c>





Benefits Spotlight

PET INSURANCE

Being a pet owner is more than just owning a dog or a cat but rather it is similar to becoming a parent. Our furry companions are members of our families and we only want the best for them, this is where the **pet insurance** can help. Pet insurance will make sure that you have the financial resources you need in order to provide the care your furry friend needs in a medical situation.

Reasons to consider pet insurance:

- Unexpected Situations
- Expensive Procedures
- Hereditary Conditions
- Peace of Mind



SRNS Marketplace

Sign Up and Start Saving!

- Go to www.srnsmarketplace.benefithub.com
- Enter Referral Code: HRNGNX
- Complete Registration





Retirement Services

Budgeting & Building an Emergency Savings Fund

COVID-19 has posed unprecedented challenges. During times like these, getting your finances in order can seem even more overwhelming, leaving you to wonder where to begin.

To address this challenge, we'd like to invite you to attend a live, virtual financial wellness seminar, **Budgeting & Building an Emergency Savings Fund**. This virtual seminar is designed to help you learn new behaviors and adopt healthy financial practices so no matter what your future holds, you can face it with confidence. There are two available options – Monday, April. 19, 10-11a.m., and Thursday, April. 29, 3-4 p.m. Topics will include:

- Creating a savings plan
- Finding ways to save even more
- Building an emergency fund
- And more

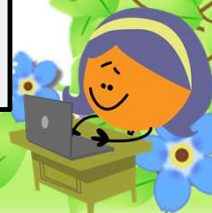


Prudential

Attendees should gain an understanding of what it takes to have a solid financial foundation and practical strategies for achieving short and long-term goals.

Click the Employee Communication for the link to sign up for a webinar!

Note: Participation in these webinars requires your manager's consent. Time used for the webinars are not to be recorded as overtime/additional hours. If you are unable to participate in the webinars, please be assured the content will be uploaded to InSite the week following the provided dates.





Disability



If you are determined to be temporarily disabled under the Disability Plan (unable to perform the essential functions of your job, due to an illness or injury), you may be eligible for short term disability (STD) benefits, up to a maximum payment period. Test your Disability Plan knowledge with the questions below:

1) When absent from work on an SRNS approved short term disability, you are eligible to receive:

- A) 60% of your base pay
- B) 100% of your base pay
- C) 80% of your base pay
- D) 50% of your base pay

The correct answer is... B) 100% of your base salary

Fun Facts

Disability Case Management (DCM)

Phone: 5SICK 5-7425

(803)725-7425

Email: 5SICK@srs.gov

Fax: (803) 952-9663



2) How long is the waiting period before short term disability becomes available?

- A) 40 consecutive scheduled work hours
- B) 7 calendar days
- C) one full work week
- D) 5 calendar days

The correct answer is... A) 40 consecutive scheduled work hours

5SICK (5-7425) Phone Options

- #1 – for FMLA questions
- #2 – for Long Term Disability questions
- #3 – for Pre-Surgery instructions and forms
- #4 – to speak with a Disability Case Manager (DCM) or have questions regarding Short Term Disability
- #5 – for questions on Disability policy



Disability

3) To file a short-term disability claim, you would...

- A) call Site Medical
- B) call your co-workers
- C) wait until you return to work
- D) call 5-SICK or e-mail 5SICK@srs.gov when you anticipate being out longer than the waiting period. Also call your manager

The correct answer is... D) call 5-SICK or e-mail 5SICK@srs.gov . Also call your manager.

4) What documentation does 5SICK (Disability Case Management) need to approve a disability claim?

- A) only a doctor's excuse
- B) a list of your upcoming doctor's appointments
- C) Physician's assessment notes showing diagnosis, course of treatment, and work status
- D) a note from your manager

The correct answer is... C) Physician's assessment notes showing diagnosis, course of treatment, and work status



5) When out on short term disability, you should:

- A) not make any calls
- B) call 5-SICK with updates after each doctor's appointment and inform your manager of any change in the approved absence period
- C) call Site Medical and 5-SICK when you return to work
- D) call your co-workers

The correct answer is... B) call 5-SICK with updates after each doctor's appointment and inform your manager of any change in the approved absence period



Benefits Spotlight

How to Use Your EAP — EMPLOYEE

Your employer has provided you with an Employee Assistance Program (EAP). This benefit provides free and confidential counseling, services and resources designed to help you and your family members.



Call 800-968-8143
or review online
resources at
www.firstsuneap.com.

What Assistance Is Available?

Counseling Services

When you are challenged by personal or emotional issues, our counselors are here to help with:

- Alcohol/Substance Abuse
- Anger Management
- Anxiety
- Depression
- Family Conflict
- Grief and Loss
- Marital/Relationship Issues
- Personal Concerns
- Spiritual Concerns
- Stress Management
- Trauma Issues
- Workplace Concerns

Life Management Services

Our counselors provide assistance so you can be more successful at home and at work. We provide:

- Legal Services and Documents
- Financial Consultations
- College and School Assistance
- Child Care Resources and Assistance
- Elder Care Resources and Assistance
- Adoption Assistance
- Pet Care Assistance